

This guide is also available in audio format and in the languages below.

#### Arabic

رُر NYC.gov/readyny على نسخ باللغة العربية من هذا الدليل.

#### Bengali

এই নির্দেশিকাটির বাংলা কপির জন্য NYC.gov/readyny দেখুন

#### Chinese

請撥打311或訪問NYC.gov/readyny，獲得本指南的中文版本。

#### English

Call 311 or visit NYC.gov/readyny for copies of this guide in English.

#### French

Visitez NYC.gov/readyny pour obtenir des exemplaires de ce guide en français.

#### Haitian Creole

Ale nan sitwèb NYC.gov/readyny pou jwenn kopi gid sa a nan lang Kreyòl Ayisyen.

#### Italian

Visita il sito NYC.gov/readyny per ricevere una copia di questa guida in italiano.

#### Korean

한국어로 된 안내서 사본은 NYC.gov/readyny를 방문하십시오.

#### Polish

Kopia w języku polskim jest opublikowana pod adresem NYC.gov/readyny.

#### Russian

Позвоните по номеру 311 или посетите сайт NYC.gov/readyny, чтобы получить эту брошюру на русском языке.

#### Spanish

Llame al 311 o visite NYC.gov/readyny para obtener acceso a este folleto en español.

#### Urdu

اس رہنما پرچے کی کاپی اردو زبان میں حاصل کرنے کے لیے NYC.gov/readyny ملاحظہ کریں۔

#### Yiddish

באזוכט NYC.gov/readyny פאר קאפּיס פון דעם פאפּיר אין אידיש.

# READY NEW YORK PANDEMIC FLU



**Global outbreaks of flu – also called pandemics – do happen. Pandemics are natural occurrences, like hurricanes or floods. No one can predict exactly when the next one might occur or how severe it may be.**

**In the 20th century there were three flu pandemics: in 1918, 1957, and 1968. A new strain of H1N1 emerged in the spring of 2009, making it the first flu pandemic of the 21st century. Pandemics affect people differently.**

#### Severity of Pandemics

##### 1918-19

250 deaths for every 10,000 cases

##### 2009-10

Fewer than 3 deaths for every 10,000 cases

**New York City plans for all kinds of public health emergencies, and so can you. Learn how to prepare your family and community for a health emergency like pandemic flu.**

## ABOUT PANDEMIC FLU

#### SEASONAL VS. PANDEMIC FLU

Seasonal flu is spread from person to person by droplets from a cough or sneeze. The symptoms, which can last a week or longer, include cough, fever, and body aches. Once you get sick with a particular strain or get immunized against it, you develop immunity to it. Seasonal flu viruses change subtly from year to year, so you should get the seasonal flu vaccine every fall or winter.

Flu pandemics occur when a flu virus changes radically, making many people susceptible to infection. Pandemic flu spreads quickly around the world and can cause widespread illness and even death. A pandemic virus may be milder or more severe than seasonal flu. Existing seasonal flu vaccines will not protect you from a new pandemic strain.

#### Possible Pandemic Flu Symptoms

- Fever
- Headache
- Chills
- Extreme fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Stomach problems often occur in young children

#### GET INFORMED

##### OEM on Facebook and Twitter

www.facebook.com/NYCemergencymanagement  
@nycoem

##### Notify NYC

Register for emergency notifications by visiting NYC.gov/notifynyc, calling 311, or following @NotifyNYC on Twitter





## HOW A PANDEMIC MAY AFFECT NEW YORK CITY

A severe pandemic could last many months and return in waves, causing major disruptions in New York City, where people live, commute, and work so close to one another. Schools, daycare centers, and businesses may shut down to reduce the spread of the virus. Public events may be cancelled.

Health officials may recommend people with flu-like symptoms or people who have been exposed to symptoms stay separate from others. While it is difficult to avoid public settings in New York City, during a pandemic, try to sit or stand more than an arm's distance - about three feet - from people exhibiting symptoms.

Many people may be sick at the same time during a pandemic, crowding hospitals and clinics. Stores may be short on supplies like food, water, and gas.



## WHAT YOU CAN DO NOW

### PROTECT YOURSELF AND PREVENT THE SPREAD OF FLU

Reduce your risk of getting or spreading any flu virus by making simple health habits part of your daily routine. By taking care of your own health, you help protect your family and community.

#### Don't Spread Germs

- Use a tissue, your arm, or sleeve - not your hand - to cover coughs and sneezes.
- Frequently wash your hands with soap and warm water. If you have no access to water, use alcohol-based hand-sanitizer.
- Stay home when you are sick, and do not send children to daycare or school if they are sick.

### PREPARE NOW FOR RISK OF FLU

- Keep as much nonperishable food, water, and household supplies as you can to minimize trips to public places.
- Keep a supply of over-the-counter medicine like pain and fever relievers, stomach remedies, and cough and cold treatments to ease flu symptoms.
- If you have a chronic illness, always make sure to have a continuous supply of your regular prescriptions.
- Talk to your employer and your children's daycare provider or school about their flu plans.
- Those who are sick should wear surgical face masks or something over their mouths and noses to contain germs.
- For more information on what you should have in an emergency supply kit, visit [NYC.gov/readyny](http://NYC.gov/readyny) or call 311 (TTY: 212-504-4115) to request a Ready New York guide.



## DURING A PANDEMIC

The New York City Health Department works with public health officials around the world to watch for signs of an emerging pandemic. The City also prepares hospitals, clinics, doctors, and New Yorkers to respond to a pandemic.

It can take up to six months for a new vaccine to be developed. Until the vaccine becomes available, simple measures like covering coughs and washing hands are the best ways to prevent the spread of infection.

City health officials and physicians will first provide antiviral medications to infected people at high risk of severe illness or death. Antivirals may help ease symptoms when taken within 48 hours of the onset of flu symptoms. Health conditions that can make flu more dangerous include:

- Pregnancy
- Asthma or any other chronic respiratory disease
- Heart, kidney, or liver disease
- Blood diseases, such as sickle cell anemia
- Metabolic disorders, such as diabetes
- Weakened immune system, from illness or medication
- Brain and muscle disorders
- Long-term aspirin therapy in people under 19



## TAKE CARE OF YOUR EMOTIONAL HEALTH

A flu pandemic in New York City may disrupt your daily routines and cause stress for you and your family. Incorporate good health practices into your life now to reduce anxiety levels in a health emergency. To decrease stress during a pandemic:

- Stay connected: contact family and friends by telephone, e-mail, or other means.
- Do things that are comforting, such as reading, listening to music and exercising.
- Staying current on health news is important, but repeated disturbing images and reports can be harmful. Watch or listen to the news for short periods at a time, and accompany your children when they are doing the same.
- Call LifeNet, New York City's confidential 24-hour mental health hotline, for information, support, and referrals.
  - English: 800-LifeNet (543-3638)
  - Spanish: 877-Ayudese (298-3373)
  - Asian languages: 877-990-8585
  - TTY: 212-982-5284
  - All other languages: 311

## STAY INFORMED

During a pandemic or any other health emergency, the New York City Health Department will provide information through the media, 311, and other outlets about symptoms, when to go to the doctor, when to stay home, where to go for treatment, and how to care for those who are sick.

## MORE RESOURCES

<b>FLU.GOV</b> <a href="http://www.flu.gov">www.flu.gov</a>	<b>NYC OEM</b> <a href="http://NYC.gov/oem">NYC.gov/oem</a>
<b>NYC INFLUENZA INFORMATION</b> <a href="http://NYC.gov/flu">NYC.gov/flu</a>	